

# ZONE FITNESS

## CLASS TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
<b>RIDE&amp;SHINE</b> 0615 0700	<b>POWER</b> 0930 1000	<b>TARGET</b> 0930 1000	<b>RIDE&amp;SHINE</b> 0615 0700	<b>FIGHTING FIT</b> 0615 0700	<b>BODY COMBAT</b> 0815 0900	
<b>SWEAT</b> 0930 1000	<b>TRX</b> 1730 1800	<b>TITAN</b> 1745 1800	<b>SUPER SETS</b> 0915 1000	<b>SWEAT</b> 0930 1000	<b>THE TRIP</b> 0915 0955	
<b>BODY COMBAT</b> 1745 1830	<b>MAXED OUT</b> 1815 1900	<b>BODY PUMP</b> 1800 1845	<b>BODY COMBAT</b> 1745 1830	<b>YOGA</b> 1015 1100		
<b>THE TRIP</b> 1745 1830		<b>SUPERSETS</b> 1900 2000	<b>TITAN LITE</b> 1845 1855			
<b>TITAN</b> 1830 1915		<b>THE TRIP</b> 1900 1940	<b>THE TRIP</b> 1900 1940			
			<b>PILATES</b> 1915 2000			

\*VIRTUAL TRIPS ARE AVAILABLE THROUGHOUT THE DAY